



**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ISLANDER PACKING LIST

- Swimsuit
- Quick dry tee-shirt or tank top
- Quick dry long sleeve shirt
- Shorts—no jeans or cotton
- Raincoat
- Rain pants
- Long underwear (top and bottom) - these are optional, but highly recommended
- Sunglasses
- Fleece Sweatshirt or Jacket
- Winter hat
- Hat with a visor
- Wool or Fleece gloves
- Pair of shoes for paddling (would recommend sandals with a backstrap: Chacos, Keens, etc.)
- Tennis shoes (keep them dry)
- Sunscreen—recommended that each participant bring their own bottle
- Chapstick with SPF
- Chamois towel
- 2-3 pairs of wool socks (keep one set dry)
- Underwear
- Flashlight or Headlamp
- Bugspray
- Small Sleeping Bag (warm is better)
- Water bottle
- Dry Bag* (optional as Living Adventures will provide dry bags for participants to use)

PRO-TIPS

- Bring extra socks and other warm layers if you've worried about being cold. Since you are on Lake Superior it can be much colder and windy.
- Avoid Cotton Clothes! For cold water paddling cotton dries slowly and will not keep you warm when wet. Having cotton t-shirts in the mix through is fine if the weather is hot.
- Living Adventure will provide wet suits as part of the experience

Good Layering Rules:

Layer One: Synthetic long underwear

Layer Two: farmer John or Jane wetsuit (provided by Living Advneutre) pants & top of fleece or wool

Layer Three: rain gear; wind breaker or paddling jacket.

Gloves and hat for colder water paddling

